

If You Have Diabetes,

Take Care of Yourself on Sick Days

When you are sick, your blood sugar can be hard to control.
Take these extra steps when you are sick.



Take your insulin or diabetes pills if you can still eat.



Test your blood sugar every three to four hours.

Call your doctor if you have 2 high blood sugar readings
or 2 low blood sugar readings for more than 3 days.



Drink one cup of water every hour.

Drink the water in small sips so you do not throw it up.



Know when you should call the doctor.

Call the doctor or nurse if any of these happen.

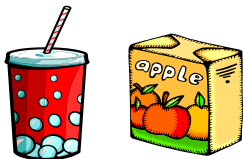


1. You can not eat. Ask if you should take your medicine or insulin.
2. You are throwing up for more than one day (or night).
3. You have 2 high blood sugar readings.
4. You have 2 low blood sugar readings.



Eat or drink 10-15 grams of carbohydrates every hour even if you are throwing up.

If you cannot eat your usual meal, try to drink $\frac{1}{2}$ cup of fruit juice or a $\frac{1}{2}$ cup of a soft drink that has sugar (not diet).



If you cannot eat your usual meal, try to drink $\frac{1}{2}$ cup of fruit juice or a $\frac{1}{2}$ cup of a soft drink that has sugar (not diet).

These foods and drinks each have 10-15 grams of carbohydrates:



6 crackers



1 cup of soup



$\frac{1}{2}$ cup of ice cream



1 cup of milk



$\frac{1}{2}$ can of soda pop (not diet)



$\frac{1}{2}$ cup of real fruit juice

Call your doctor or nurse if:

You are throwing up and cannot keep down food, water or diabetes pills.

You are sick longer than one day and one night.

Your blood sugar is higher or lower than usual.